

INJURY & VIOLENCE OVERVIEW

Do You Know These Facts About Injuries in Utah?

- ❖ Injury is the leading cause of death in Utah for residents ages 1-44 years.¹
- ❖ Injury is the leading cause of years of potential life lost in Utah.¹
- ❖ On average, 1,300 Utah residents die, 10,100 are hospitalized, and 183,400 are treated in emergency departments (ED) because of injury each year.²
- ❖ In 2004, Utah's rate of reported rape was 21% higher than the national rate.³

2000-2004 UTAH INJURY DATA

SCOPE OF THE PROBLEM

WHAT

- 6,290 deaths.²
- 50,669 hospitalizations.²
- 917,246 ED visits.²

WHO

- The highest number of deaths occurred in the 35-44 year age group.²
- The highest number of hospitalizations and ED visits occurred in the 15-24 year age group.²
- Males sustained 69% of deaths, 51% of hospitalizations, and 57% of ED visits.²
- Nearly one in three Utah women will experience some form of sexual violence during their lives.³
- Utah domestic violence shelters serve about 5,500 people a year: 53% are children, 46% are women, and 1% are men.⁴

WHEN

- Motor vehicle crash death rates are three times greater at night than during the day.⁵
- Motor vehicle crash deaths and drownings are highest in the summer. Fire deaths are highest in the winter.⁶
- Nearly 90% of sexual violence victims were assaulted before the age of 18.³

WHERE

- 22% of childhood injuries occur at school, 20% occur in areas surrounding the outside of the home, 19% occur inside the home, 14% occur on roads, and 12% occur during recreation/sports.⁷

HOW

- Motor vehicles (25%), poisoning (25%), and firearms (17%) were the leading mechanisms of injury death.²

AN OUNCE OF PREVENTION



- In 2004, over \$285 million² was spent in Utah on hospital and ED charges for the treatment of injuries.
- Preventing injuries always costs less than treating them. For example, nationally:
 - \$ Every \$1 spent on injury prevention counseling by pediatricians saves \$9.
 - \$ Every \$1 spent on smoke alarms saves \$28.
 - \$ Every \$1 spent on child safety seats saves \$41.
 - \$ Every \$1 spent on bicycle helmets saves \$52.⁸

Leading Causes of Death, Ages 1-44 Years, Utah, 2000-2004²

Rank	Cause	#
1	Unintentional Injury	1,623
2	Suicide	1,039
3	Cancer	688
4	Heart Disease	417
5	Homicide	194
6	Diabetes	123
7	Birth Defects	120
8	Influenza/Pneumonia	92
9	Liver Disease	75
10	Stroke	67

PREVENTION INFORMATION

Most injuries can be prevented by choosing safe behaviors, using safety equipment, and obeying safety laws.

Motor Vehicle Safety

- Wear a seatbelt.
- Don't drive drunk or drowsy.
- Obey traffic laws.
- Restrain children properly in car seats and booster seats.

Fall Prevention

- Install handrails, grab bars, and night-lights in homes.
- Put non-slip mats or surfacing in tubs and showers. Secure throw rugs with non-slip pads.
- Use the right ladder for the job and follow manufacturers' instructions.

Firearm Safety

- Store guns and ammunition in separate, locked locations out of reach of children.
- Talk to parents of your children's friends about their gun storage.

Suicide Prevention

- Remove guns from the home when someone is at risk.
- Get help for mental and substance abuse disorders and/or suicidal thoughts.

Fire Safety

- Install smoke alarms on each floor and near sleeping areas.
- Keep lighters and matches out of reach of children.
- Practice a fire escape plan.

Poisoning Prevention

- Post the poison control number on phones (1-800-222-1222).
- Store all medicines, household products, and personal care products in locked cabinets out of reach of children.
- Install CO monitors in homes.

Rape Prevention

- Never force or pressure a person to have sex and respect his or her decision to say no.
- Treat your partner with dignity and get involved if you believe someone is at risk.
- Check out a first date with friends in a public place. Carry money for a phone call and taxi.
- Pay attention to your surroundings and to what is going on. Yell or scream to attract attention if you feel threatened.

Domestic Violence Safety

- If your relationship is violent, tell someone, ensure your safety, and plan for a quick exit.
- Call the Domestic Violence Link Line at 1-800-897-5465 for help.
- Let the law help you. Obtain a protective order.
- Watch for warning signs such as controlling behavior, isolation from family/friends, jealousy, and possessiveness.

UTAH INJURY EXAMPLES

EXAMPLE 1: Two adult men were killed when their truck rolled over on I-80 and they were ejected from the vehicle.

PREVENTION: All occupants in vehicles should be properly restrained with seat belts or child safety seats.

EXAMPLE 2: An adult male fell from a boat into Lake Powell and drowned.

PREVENTION: Wear personal flotation devices in and around water.

EXAMPLE 3: A teenager shot himself with a family gun that was stored in his room.

PREVENTION: Lock up guns and ammunition separately. Be aware of mental health problems and seek care promptly.

EXAMPLE 4: A teenager died when he slipped and fell off a cliff while hiking with friends.

PREVENTION: Use the right equipment when hiking and climbing. Avoid risk-taking behaviors and use extreme caution near cliff edges.

EXAMPLE 5: An adult male shot and killed his estranged wife and then himself.

PREVENTION: Call the Domestic Violence Link Line at 1-800-897-5465 for help.

EXAMPLE 6: A college student became disoriented and tired after drinking at a party. She fell asleep and awoke to find a man sexually assaulting her.

PREVENTION: Always keep your eye on your drink when at a party or club. Never accept a drink from anyone you do not know or trust.

Leading Causes of Injury Death, Utah, 2000-2004²

Rank	Cause	#
1	Motor Vehicle Traffic, Unintentional	1,579
2	Poisoning, Undetermined	913
3	Firearm, Suicide	889
4	Fall, Unintentional	502
5	Poisoning, Suicide	357

Leading Causes of Injury Hospitalization, Utah, 2000-2004²

Rank	Cause	#
1	Fall, Unintentional	21,904
2	Motor Vehicle Traffic, Unintentional	7,696
3	Poisoning, Self-inflicted	4,421
4	Motor Vehicle Non-traffic, Unintentional	2,848
5	Poisoning, Unintentional	2,452

Leading Causes of Injury ED Visit, Utah, 2000-2004²

Rank	Cause	#
1	Fall, Unintentional	252,462
2	Struck By or Against, Unintentional	143,476
3	Motor Vehicle Traffic, Unintentional	108,648
4	Cut/Pierce, Unintentional	94,633
5	Overexertion	86,276

1 National Center for Injury Prevention and Control. 2 Utah Department of Health, <http://ibis.health.utah.gov>. 3 Utah Commission on Criminal and Juvenile Justice. 4 Utah Governor's Violence Against Women and Families Cabinet Council. 5 National Safety Council. 6 Utah Vital Statistics: Quarterly Report, First Quarter 2004. 7 *Pediatrics* 2000;105(2). 8 Children's Safety Network. Definitions: "Cut/Pierce" includes injuries from knife, lawn mower, power hand tool, household appliance, and other sharp objects. "Fall" includes falls from stairs, ladder, bed, building, playground equipment, cliff, trees, slipping, tripping, stumbling, and tackles in sports. "Firearm" includes injuries from handgun, shotgun, rifle, and other firearms. "Motor Vehicle Non-traffic" includes injuries resulting from motor vehicles traveling entirely off the highway and pedestrians/bicyclists struck by any vehicle not on a public road. "Motor Vehicle Traffic" includes injuries resulting from motor vehicles traveling on public roads to occupants, pedestrians, and bicyclists. "Overexertion" includes injuries from excessive physical exercise, lifting, pulling, pushing, and strenuous movements in recreational activities. "Poisoning" includes poisoning by drugs, solid and liquid substances, gases, and vapors. "Struck By or Against" includes injuries from falling objects, people, during sports, and during an unarmed fight/brawl. "Suicide" and "Self-inflicted" includes intentional self-inflicted injuries. "Undetermined" includes unspecified intent or when intent cannot be determined. "Unintentional" means an unexpected or unplanned injury or event.